



ALLAN MCGAVIN
Sports Medicine
Centre
PRIMARY CARE



OFFICIAL MEDICAL CENTRE

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To Whom it May Concern

Letter of Reference: Christian Heno

It is my pleasure and honour to write a very strong letter of reference for Christian Heno. I have known Christian for two years and am so excited with his commitment, enthusiasm to establish deeper connections with the education system for children with special needs and with mental health organizations and private schools. He has 15 years of experience as an instructor for youth with special needs.

Christian has presented workshops and seminars on the benefit of movement therapy with children with learning disabilities. His goal is to have his movement therapy incorporated into the physical education curriculum in schools for children with special needs. He has had great success with the movement therapy in the lives of children with special needs.

He is now fund raising and doing research with these children to prove the benefit of movement education for children with special needs. The goal is to establish a template for his program that can be duplicated in other school boards and within private schools. He wants to see his program teach more movement education instructors in school districts. Christian wants to establish an Academy of Movement for youth and then build on the documented success to see these academies established throughout B.C. To develop this Academy he needs partnerships, financing and sponsorships so other children in B.C. can benefit from the programs he has developed to date.

From 2004, to present, he has developed Movement Therapy for youth from 5 to 17 years in a number of schools in Metro Vancouver with learning, cognitive and behavioural difficulties. He has shown significant improvement for these youth at Windermere, Kitsilano, John Oliver, Prince of Wales, Point Grey, Montessory Jericho Hill Kindergarten, Ecole Primaire de la Rose, Maple Wood and Kenneth Gordon Schools in Vancouver. The movement therapy has included martial arts, meditation, Qi gong. Also he has included fitness and anti-bullying strategies. He has given teaching workshops and seminars from 2008 to 2018.

Successful workshops and seminars have been held at Kitsilano Community Centre: "Girls on the move" – self defense and acute bullying programs for teenage girls. Also at St Andrews and St Stephen's Presbyterian Church: "Conquer the tiger" – self defense and bullying program for teenage girls. At Vancouver Community College "Youth Aboriginal gateway for health: meditation and Qi-gong" – for young aboriginal youth.

He is well educated and prepared to develop this Academy. 1986-89 EDIPOS and C.R.E.P.S., B.E.A.E.C.P.C. – French National Diploma of Sports and Fitness; 1995-2017 BCRPA Fitness Leader – first aid and CPR; 2004-2018 INFOFIT and BCRA – Active rehabilitation, clinical exercise specialist for

population with special needs; 1984 to present martial arts study France and Canada – 4th degree black belt in Shorinji Kempo; 2011 to present ongoing collaboration and professional development with KGMS teaching and counseling staff, specialized in education and therapy for children with autism, dyslexia, OCD and ADH.

Christian has work on program design for the “Conquer and Dragon” program for youth with learning and behavioural dysfunction. Also on “Music meets Martial Arts – an ongoing partnership with Kenneth Gordon Maplewood School to create onstage performances for children with special needs. It involves martial arts, music, art and dancing. He has extensive references for success of these programs improving education and behavioral problems with children integrating movement education.

It is time to support and establish the Academy of Movement for Youth. His results are truly amazing and we need to see these Academies flourish in schools districts throughout BC. Christian is a leader and totally committed to improving the education and behaviour of all children.

Thank you for your consideration.

Sincerely



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