



KENNETH GORDON
MAPLEWOOD
SCHOOL

May 21, 2015

BCRPA
#301 - 470 Granville Street
Vancouver, BC
V6C 1V5
Attention: Fitness Leadership Awards 2015

Re: Conquer the Dragon program, Christian Heno

To Whom it May Concern,

I am writing this letter in support of Christian Heno for a Fitness Leadership Award.

Kenneth Gordon Maplewood School is a learning environment for students with a wide range of learning disabilities and challenges. Our school population is characterized by children and young adults who have been unsuccessful in the mainstream educational system and come to us looking for an alternative programme to meet their needs.

For the past few years, Mr. Heno has provided a unique martial arts programme for our students that has had a notable positive impact on their self-esteem, emotional self-regulation, and ability to focus. The change in the students under Christian's guidance has been remarkable and many of them have used these new found skills and attributes to enable them to transition successfully back into the regular school system.

I would strongly recommend Christian Heno for a Fitness Leadership Award. His dedication to our students and their personal growth, and his leadership in developing and implementing this innovative approach to meet their needs have been outstanding.

Please feel free to contact me if you have any further questions in this regard.

Sincerely yours,

Dr. James R. Christopher

Head of School
Kenneth Gordon Maplewood School
Maplewood Alternative High School
jchristopher@kgms.ca
604-985-5224