

The Kew-Forest School

119-17 UNION TURNPIKE
FOREST HILLS, NEW YORK 11375



DR. PETER S. LEWIS
HEADMASTER

To whom it may concern,

I am delighted to recommend Dmitri Nadot, the Director and Instructor of the New York City Kidpower Center. In April and May of 2008, Mr. Nadot taught Kidpower workshops to all students in Grades K-6 at Kew Forest School. His instruction was energetic, joyful, and captivating. Following Kidpower's innovative method of teaching, Dmitri's classes were focused on learning by doing through practice, not lecturing. The students practiced a wide variety of People Safety skills and were able to feel for themselves what techniques and approaches worked well for them.

Mr. Nadot's workshops were very empowering for students. The 6th graders later discussed their class on a school library blog, and some of their comments included: "Kidpower was fun and taught me a lot," "The teacher [Mr. Nadot] was attentive," "In Kidpower [class] everyone seemed to be more confident," and "I think they should keep this up at schools."

The Kidpower skills turned out to be particularly popular with the students, probably because they really enjoyed using them after the workshop. For example, a first grader saw two classmates getting into some sort of conflict and confidently exclaimed "Kidpower!" This was her way of exercising her new advocacy power. The students said "Sorry!" and stopped. Dmitri's Kidpower classes had a welcomed effect on the school culture, as well as, in all likelihood, on the students' People Safety skills outside of school.

We were so happy with Dmitri's instruction that we also hired him to teach martial arts at our summer camp in combination with Kidpower practices. Dmitri's mixed martial arts and exercise program integrated the Kidpower skills of conflict de-escalation, including verbal and body language communication. To quote the Head of Kew Forest Summer Camp William Mena, "I have been receiving great feedback all around about Dmitri's summer classes – from parents, kids, other teachers, and administration."

We are very pleased to continue working with Dmitri and to offer to our students Kidpower, martial arts, and soon Teenpower for grades 7-12.

Please feel free to contact me if you would like any additional information.

Sincerely,

Dr. Peter S. Lewis
Head of School
Kew Forest School