



News Release

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Boston University Students Motivate Roger Clap Elementary School to Meet Fitness Goals

BOSTON — On Monday, April 13 from 1 – 3:15 p.m., 19 Boston University (BU) graduate-level community relations students hosted an interactive workshop called, “Small Feet, Big Steps,” to educate Dorchester’s Roger Clap Elementary School about the benefits of staying physically fit and eating right. “Small Feet, Big Steps” encouraged Roger Clap Elementary to achieve its Bay State Games’ Kid’s Fitness Challenge by completing 30 minutes of physical activity to make the school eligible for a \$500 grant toward establishing a physical education program. The BU class also presented Roger Clap Elementary School with a check for \$300 and gave more than \$5,000 in additional donations.

“It was so generous of BU to come out and choose Roger Clap since we do not have a physical education program,” said Principal Mary Tormey-Hamilton. “The BU students were really enthusiastic and patient and had a great time with the kids. The students loved going home with T-shirts, a nutritional snack and prizes.”

“Small Feet, Big Steps” was an activity-filled afternoon, including a motivational lecture from Terry Holland, Australia’s Women’s Skeleton Team Head Coach for the 2010 Olympic Games; hip-hop dance lessons with Michelle Flores, BU’s Fusion Dance Team member; soccer drills with Shannon Mullen, BU Division I soccer player; stretching exercises with a yoga enthusiast; brief seminars about the food pyramid and ending with a healthy snack and 30-minutes of physical activity.

BU’s community relations class received donations for the event from Shaw’s, Stop & Shop, BU’s Fitness and Recreation Center, Barnes and Noble, Trader Joe’s, Fusion Dance Team and Bazaar Inc. At the end of the event, each student and staff member received a Nerf ball and Boston University apparel. The teachers were also given a tote bag and an assortment of items for their classrooms.

"This project was really the brainchild of my class and together they put on an excellent program for a well-deserving school," said Associate Professor of Public Relations Jo O'Connor. "It is important that my students be able to share their talents and knowledge with others while giving back to the community in which Boston University operates and they did just that."

For more information about “Small Feet, Big Steps,” please contact Kaileen Connelly, Media Relations Coordinator at (248) 420-5187 or at kaileenc@bu.edu.

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