



## Metta Students Foundation announces 13th grant winner

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Integrity, courage, and being a doer who takes the necessary steps to make her community a better place are the ways in which one educator describes 17 year old Allison Quicho.

Those qualities, along with all of her accomplishments, qualify Quicho to be the 13th one thousand dollar Metta Students Foundation grant winner.

A Metta Students Foundation ceremony will be held on March 20th at 10:45 am at Tiverton High School located at 100 North Brayton Road in Tiverton, RI. The Metta Students Foundation will present a one thousand dollar check and members of the media are welcome.

Norm Kelly, founder of Software Quality Associates in Providence, created the Metta Students Foundation in October of 2012 after learning of one teen's kind act towards another teen. Each month, during the school year, the foundation awards one thousand dollars to a student who shares metta.



"Metta means love and kindness," states Norm Kelly, "and we are proud to be able to give recognition to all of those bright lights who give back, not because they have to, but because they are truly good hearted and want to make a positive difference."

Allison is described as always being there for those in need. "She came to me asking what she could do to help the needy in our school," says Tiverton High School Guidance Counselor Cathy Winston, "she then put together a holiday basket with gifts and necessities for some of our neediest students."

When her best friend was dying from cancer, she donated her hair to Locks of Love and now she continues to keep Megan's memory alive by coordinating "Miles for Megan" which funds a scholarship in her young friend's name. This summer when she was made aware of a bullying situation, she called me to ensure that the youngster was okay. She has the integrity and courage to do the right thing at all times"

"I believe it is important to get involved in your community, because providing help and assistance that other people need is very gratifying to them as well as one's self," says Quicho. "The more effort people make to make a difference in someone's life, the greater reward there is in gaining self-confidence and perspective on how to continue to make the world a better a place. More specifically, when I'm involved, I feel grateful that I made someone else smile. Much like a picture, a smile is worth a thousand words."

"When I learned I won the Metta grant, I was immediately excited and proud of myself. Due to the Metta Student Foundation's overall purpose, I also felt honored to be recognized as a Metta winner. Coming to terms with the win, I realized how rewarding it is to give back, and receive the recognition in itself. In other words, the grant's worth will never exceed my appreciation in being recognized as a Metta student."

It is for all of these reasons the Metta Students is proud to award Quicho one thousand dollars. To see [video](#) of how the Metta Students foundation began or for more information about the foundation log onto [www.mettastudents.org](http://www.mettastudents.org) If you are interested in doing a story please contact Laura Clarizio at 617-852-7784 or [lauraclarizio@aol.com](mailto:lauraclarizio@aol.com).