



Metta Students Honors Cape Cod Academy Student with \$1,000
#sharemetta

5/18/16 - Stepping out to help others is just one way dancer and Cape Cod Academy senior Alexandra Bernardo gives back to her community. The West Chatham seventeen-year-old has been sashaying her way and helping others throughout her high school years.

"I have danced in numerous dance marathons and benefit performances with my dance studio to raise money for Friends of Dana Farber to fund breast and ovarian cancer research. I have also danced in many Shelter from the Storm concerts, a benefit concert with performers from many local high schools. This year we raised enough money to completely renovate the Safe Harbor Shelter for battered women and children. Other years the show has raised money for local food pantries, homeless shelters, veterans, and health centers," states Bernardo.

A ceremony will be held **Wednesday, May 18th at 5PM at Cape Cod Academy, located at 50 Osterville West Barnstable Road, Osterville, MA**. Members of the media are welcome. With this latest winner, the Metta Students Foundation has awarded thirty-five thousand dollars to students who have done acts of kindness and continue to #sharemetta.



Cape Cod Academy CSO Advisor, Paula J. Wiley, nominated Bernardo stating, "Alex volunteers unselfishly to promote worthy causes. She seeks no attention for herself, just to give back to the community. She is passionate about helping others and doing whatever she can to bring hope and help."

In addition to all of this, Bernardo has used her position in school to promote love and kindness. "I have been the president of my school's Pink Ribbon Club for three years and a member for six. The group raises money through bake sales, car washes, and school-wide pink days for the Cuda Center, a local cancer treatment center, to pay for treatment for those who cannot afford it. It is wonderful to make an impact on people's lives, especially those who are living in the same community," states Bernardo. I am also the president of my school's Community Service Organization, a group that promotes community service for mostly local and school organizations and events.

Norm Kelly, founder of Software Quality Associates in Providence, created the Metta Students Foundation in October of 2012 after learning of one teen's act of kindness towards another teen. "Metta means love and kindness," states Norm Kelly. "The common denominator with all of our Metta Students is their compassion, unselfishness, and dedication to others. Each is unique, but they all want to make the world a better place." It is for all of these reasons the Metta Students is proud to award one thousand dollars to Bernardo.

"I have been privileged to have a wonderful education and the resources to allow me to give back, and it is very important that I use these resources. I am involved in a lot of breast cancer fundraisers because my mom battled the disease when I was in middle school, and I believe that more can be accomplished when there is a personal connection to a cause," states Bernardo. "I love my home on Cape Cod and it makes me sad knowing that there are people in my community without a safe home, or a home at all. I have taken it upon myself to do what I can to better my local community, because I believe improving a smaller community can yield larger results. Giving back makes those who benefit extremely happy and grateful, and it makes those who give fulfilled as well. It sounds simple, but giving back helps everyone and makes everyone happy!"

To see video of how the Metta Students foundation began or for more information about the foundation, log onto www.mettastudents.org