



## Metta Students Foundation awards Norwood teen \$1,000

3/24/17- "I try every day to promote love and kindness through all of my actions." It is that way of life that has earned seventeen-year-old Sarah Mellen of Norwood, MA a Metta Student Foundation one thousand dollar grant.

Now in their third year and expanding into Massachusetts the non-profit awards \$1,000 grants to students who pay it forward or #sharemetta. To date, they have awarded \$42,000.

Friday, March 24 at 11 a.m. there was a ceremony at Norwood High School, located at 245 Nichols St, Norwood, MA. Members of the media attended.

Mellen traveled more than four thousand miles to a Costa Rican refugee camp to help build an addition and better living standards for the people who live there.

"Seeing these intelligent people, forced out of their countries and struggling to meet their basic human needs opened my eyes to the world around me," states Mellen. "My focus is on human rights, specifically food. In the upcoming months, I plan to participate in the 'live below the line' challenge in which I will join others in living off of \$2.00 a day for one week to help raise awareness for hunger problems in the U.S."



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 toward another teen. "Metta means love and kindness," states Norm Kelly. "We are thankful to all of our winners for making a positive difference in the world and for helping us spread the metta mission to simply be kind and #sharemetta."

Cynthia Derrane, Foreign Language Department of Norwood Public Schools, nominated Sarah saying, "Sarah has inspired her classmates to give to others through service work. Upon returning home, she immediately looked for opportunities within her own community to continue to help people meet their basic needs. Through helping with our school food pantry, the town food pantry or through her latest endeavor, raising awareness for hunger through a Live Below the Line Challenge, she tirelessly gives of herself. She is a role model and an inspiration."

"Giving back makes me as in individual feel good, in a swarm of what seems like useless assignments, giving back and helping the community makes me feel like I'm making a positive impact on the world," states Mellen. "With the \$1000 I plan to hopefully put some of it back into community projects and save some of it for college."

It is for all of these reasons that the Metta Students is proud to have awarded Mellen 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)