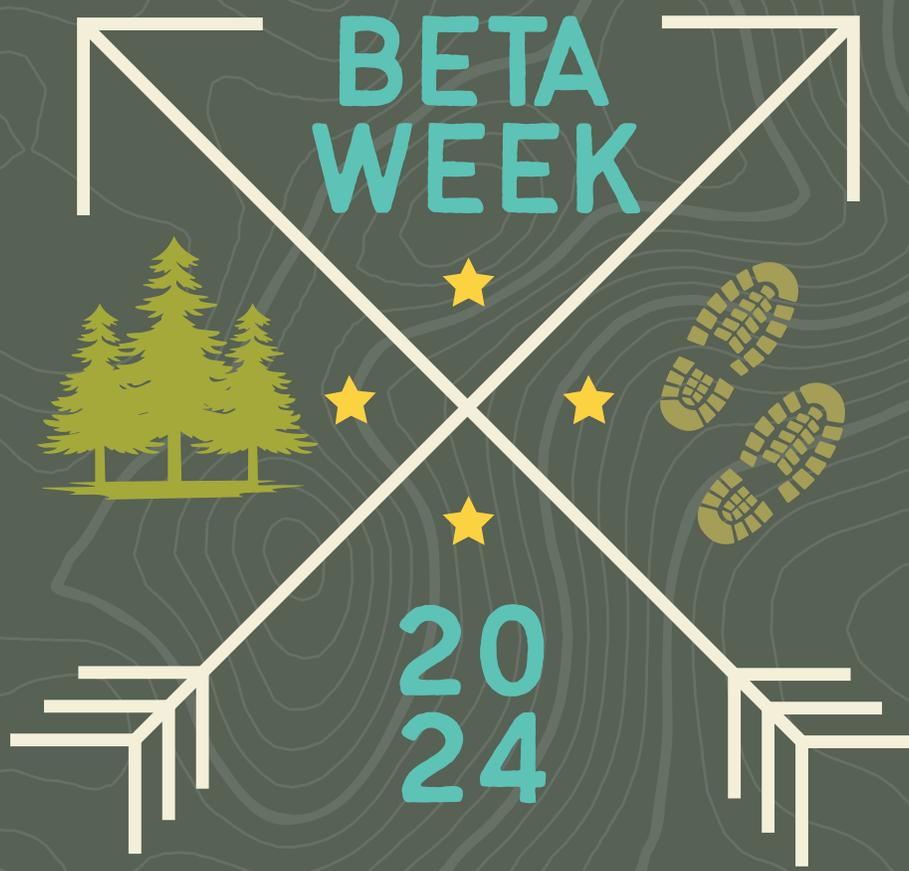


Follow the Path



with Beta



“WHEN YOUR FOOTSTEPS AND
THOUGHTS CARRY YOU DOWN
THE SAME PATH YOUR HEART
AND SOUL ARE DIRECTING
YOU, YOU WILL KNOW
WITHOUT A DOUBT THAT YOU
ARE HEADED IN THE RIGHT
DIRECTION.”

MOLLY FRIEDENFELD

Happy National Beta Week!

NATIONAL BETA WEEK IS A WEEK DEDICATED TO SHOWCASING THE MANY WAYS NATIONAL BETA ENRICHES THE LIVES OF MEMBERS ACROSS THE COUNTRY. THIS WEEK IS ABOUT COLLECTIVELY CELEBRATING THE ACCOMPLISHMENTS OF ALL BETAS AS WELL AS THE IDEALS OF OUR ORGANIZATION SET FORTH: ACHIEVEMENT, CHARACTER, LEADERSHIP, AND SERVICE.

EACH DAY OF NATIONAL BETA WEEK IS THEMED WITH A DIFFERENT FOCUS AND PURPOSE. THE DAYS' THEMES ARE: LEAD, SERVE, ACHIEVE, MOTIVATE, AND REFLECT. WE ENCOURAGE YOU TO USE OUR GUIDE TO PLAN EACH DAY WITH FUN-FILLED EVENTS. THIS IS A GREAT OPPORTUNITY TO GENERATE EXCITEMENT IN YOUR CLUB!

NATIONAL BETA WEEK 2024 IS HELD MARCH 4-8, 2024. TO HELP COMMEMORATE THE WEEK, YOU CAN PREORDER T-SHIRTS FOR CLUB MEMBERS AND SPONSORS.



[ORDER BETA WEEK SHIRTS HERE](#)

FOLLOW THE PATH... *To Lead*

“THE GREATEST LEGACY
WE CAN LEAVE BEHIND IS
THE FOOTPRINTS OF THE
LIFE WE LIVED.”

Activities

1. PROCLAMATION FOR NATIONAL BETA WEEK

Contact your Mayor or town officials to recognize National Beta Week and encourage them to sign the Proclamation linked below. Share a press release with local newspapers, radio stations and TV stations (if applicable in your area).

Added challenge on the Path to Lead - Contact the Governor's office and have them recognize National Beta Week on a state level. Share the signed Proclamation with all available media outlets and celebrate your success.

[PROCLAMATION](#)

[PRESS RELEASE](#)

2. COMMUNITY PARTNERSHIP

Identify local businesses and/or organizations that your club has partnered with for various community service events over the past few years. Have club members visit these locations and snap a photo of the owners/managers holding or displaying the National Beta Week Partner sign. Leave it with them to proudly display in their business.

BETA WEEK PARTNER SIGNS

3. DRESS FOR SUCCESS

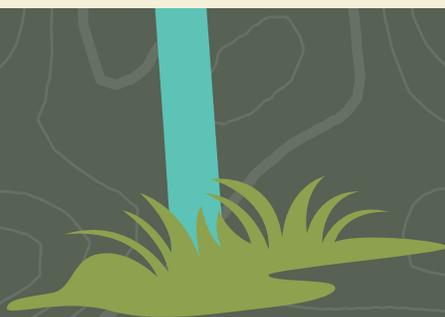
Challenge the student body, faculty, and staff to show off their Beta pride by wearing their Beta Week t-shirts or dressing in the traditional black and gold. Host a contest to recognize the Best Dressed Betas from the day. Share your photos on social media and tag us. #betaweek2024

ORDER BETA WEEK SHIRTS HERE

MONDAY, MARCH 4, 2024

**FOLLOW THE PATH...
TO LEAD**

**FOCUS TODAY ON LETTING THE
WORLD KNOW ABOUT BETA WEEK.
FOLLOW THE ACTIVITIES TO LAY
THE GROUNDWORK FOR THE REST
OF THE WEEK.**



FOLLOW THE PATH...

To Serve

“I WILL NOT FOLLOW WHERE THE
PATH MAY LEAD, BUT I WILL GO
WHERE THERE IS NO PATH, AND I
WILL LEAVE A TRAIL.”

MURIEL STRODE

Activities

ADDRESS A NEED WITHIN YOUR COMMUNITY

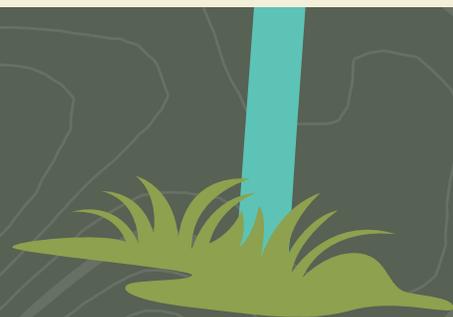
The next page details a list of needs that are commonly seen in most communities throughout the United States. You are welcome to serve in countless ways using the list that has been created below. However, you are welcome to create your own list and address those needs as well. Create your own path to make a difference to those in need. Once you've completed your service project, leave behind a Beta Was Here sign to proudly display.

BETA WAS HERE SIGN

TUESDAY, MARCH 5, 2024

**FOLLOW THE PATH...
TO SERVE**

**TODAY IS ABOUT SERVICE.
TAKE SOME TIME AS A
CLUB TO IDENTIFY A NEED
WITHIN YOUR COMMUNITY
AND ACTIVELY SERVE.**



Service Ideas

Humane Society - Become a Humane Hero

Look into opportunities to help your local animal shelter. Collect and donate old towels, blankets, cleaning supplies and pet toys. Volunteer to work by walking the dogs, playing with the cats, or cleaning at the facility.

Elderly - Senior Citizen Pals

Ask a local nursing home if you can read to residents or teach computer skills to those that want to learn. You can help older community members understand how to communicate with their families via Zoom, Facetime, etc.

Contact a local nursing home or assisted living facility about providing opportunities to connect in other ways such as offering bingo for prizes, art classes, a nail salon, dance classes, etc. Ask about some needs that the residents may have and create care packages for them.

Community - Plan a Beautification Project

Your club can tackle a community eyesore by completing litter pickup, cleaning unkept areas, and performing overdue lawn maintenance. Take it a step further by planting flowers and creating a watering schedule so your efforts will last all season long.

Heart for Service - Best Buddies

Work with the special education programs at the schools or organizations in your community to provide friendship and encouragement to those with disabilities.

Literacy Link to a Service Opportunity

Start a book drive at your school and donate books and magazines to a local shelter, hospital or library. Contact your public library or community center to see if they have reading opportunities or other ways to get involved.

FOLLOW THE PATH... *To Achieve*

“SUCCESS IS THE SUM OF
SMALL EFFORTS - REPEATED
DAY IN AND DAY OUT.”

Activities

1. CARDS FOR THE ELDERLY

Writing and delivering cards to nursing home residents can bring joy to all involved. Pay a visit, have some conversation, and listen to their stories. You might just be inspired yourself!

2. X MARKS THE ACHIEVEMENT BY HOSTING A BETA RECOGNITION

Club officers/sponsors can coordinate games, music and activities to celebrate Beta Week. Recognize Beta members achievements from events like Regional Leadership Summits, State Conventions, and the National Convention in Louisville 2023. Acknowledge service, leadership, and the character of your members. Come up with superlatives that are unique to each member and their success.

3. LEAVE A LEGACY OF ACHIEVEMENT

Create a scrapbook filled with pictures, quotes, and articles showcasing how to be a Beta. Remember to incorporate the four pillars - Service, Character, Leadership and Achievement. You could even take it a step further by creating a time capsule to leave the legacy of Beta to generations to come.

**BETA
WEEK**

**20
24**

WEDNESDAY, MARCH 6, 2024

**FOLLOW THE PATH...
TO ACHIEVE**

**SPEND TIME WITHIN YOUR SCHOOL
OR COMMUNITY TO CELEBRATE
ACHIEVEMENT. EACH ACTIVITY
CELEBRATES THE LEGACY OF BETA!**

FOLLOW THE PATH...

to Motivate

“THE PATH FROM DREAMS TO SUCCESS DOES EXIST. MAY YOU HAVE THE VISION TO FIND IT, THE COURAGE TO GET ON TO IT, AND THE PERSEVERANCE TO FOLLOW IT.”

KALPANA CHAWLA

Activities

1. WALL OF INSPIRATION

Cover a wall in the hallway or on a bulletin board with paper or sticky notes. Have students name one person that has influenced them and write it on the wall or sticky note. Share how this person has motivated or inspired!

2. SHOUT OUT TO YOU!

At lunch, members can set up a booth where students can come by and write a “shout out” to a person that did something great. The “shout outs” could be delivered to that person or posted somewhere for all to see.

BETA SHOUT OUT CARDS



3. BEST FOOT FORWARD STEP CHALLENGE

Motivate others to get healthy. Organize a step challenge within your club to be done during the week. Set a goal individually and as a club to achieve 10,000 steps a day or make your own goal(s). Recognize those individuals at your next club meeting.

4. CHECK IN TEXT

Send a positive message, words of encouragement, or a “just checking in” text to five (5) people. Motivate them to connect with others and keep the motivation train going.

5. GO LIVE!

As a club or small group, go Facebook Live, create an Instagram Reel, formulate a TikTok etc. to motivate others to live out the Beta motto: Let Us Lead by Serving Others. Use social media for good and be the inspiration needed for your peers and the world! Share with National Beta using the hashtag - #betaweek24

THURSDAY, MARCH 7, 2024

**FOLLOW THE PATH...
TO MOTIVATE**

**SPEND THE DAY MOTIVATING
STUDENTS THAT AREN'T A PART OF
BETA TO BE THE BEST VERSIONS OF
THEMSELVES. EACH ACTIVITY TODAY
SPREADS THE JOY OF BETA WEEK.**

FOLLOW THE PATH...

To Reflect

“IF YOU DON'T GO AFTER WHAT YOU WANT, YOU'LL NEVER HAVE IT. IF YOU DON'T ASK, THE ANSWER IS ALWAYS 'NO'. IF YOU DON'T STEP FORWARD, YOU'RE ALWAYS IN THE SAME PLACE.”

NORA ROBERTS

Activities

REFLECT ON THE WEEK AND CELEBRATE BETA IN BIG WAYS

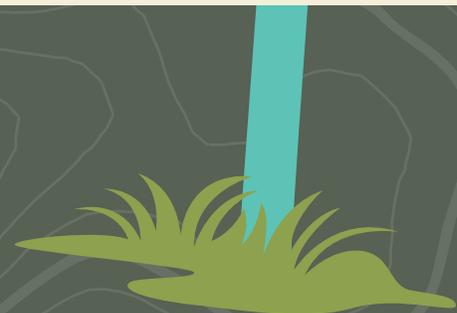
- For Senior High Betas, take the time to recognize the 2024 Beta graduates. Add signage, repeater walls for photos, a slide show to be shared during lunch, etc.
- Host a Beta Parade in your school or downtown. Get the community involved by painting/decorating the storefront windows.
- Compete against other classes by hosting a door decorating contest or other school-wide competitions. Provide them with a theme stemming from one of the four pillars.
- Recognize faculty, staff, administration, and school board members with 'Thank You' cards for their support of National Beta in your school.

BETA THANK YOU CARDS

FRIDAY, MARCH 8, 2024

**FOLLOW THE PATH...
TO REFLECT**

**TAKE TIME AS A CLUB TO
REFLECT ON THE PEOPLE
AND ACTIVITIES THAT
MADE YOUR BETA WEEK A
SUCCESS.**





“SUCCESS IS NOT
HOW HIGH YOU
HAVE CLIMBED,
BUT HOW YOU
MAKE A POSITIVE
DIFFERENCE TO THE
WORLD.”

ROY T. BENNETT