



J.W. HELPS OUT

Inspired by
East Robertson
High School
Beta Club
in
Tennessee



Hi! My name is J.W
Beta. I'm the National
Beta mascot.

I live in Spartanburg, SC, where National Beta first began. It was started in 1934 by Dr. John W. Harris. My name is J.W. in honor of Dr. Harris.



National Beta is made up of over 500,000 students in grades 4-12 who want to be the leaders of tomorrow.



Betas love to serve others!

In fact, our motto is:

Let Us Lead By Serving Others

Food Drive



This is a fancy way of saying, “If you want to be a leader, be a helper.”

LEADERSHIP



Beta Club has taught me to be a leader and to help others.



Did you know that you can be like a Beta by helping others? There are so many ways to serve others.



One thing you can do is help pick up trash.
This can be around your home, at the park,
on the playground, or even at school!



I like to help others by making friendly cards! Cards are a nice way to make people feel appreciated and less lonely.



Sometimes people donate items to help others.
Talk to an adult and see if you can go through
your toys and clothes. Only donate items that
are still nice and not stained or broken.

Donations

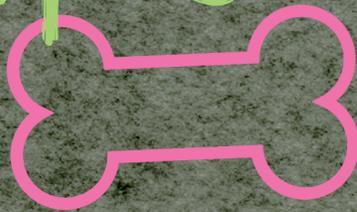


Giving encouragement is a nice way to help others! One way I encourage others is by writing messages in chalk around the school and neighborhood.

Thanks for being you!



Keep smiling!



You can do great things!



Sometimes you can be a helper just by being a friend! Look for the kid who is alone or sad. Play with them and make them feel included and special (because they are)!





Do you want to be like a Beta and be a helper too? If so, think of ways you can help and take the J.W. Challenge!



J.W. Challenge

See if you can complete 25 acts of kindness with your J.W.

Fill in a dog bone each time you complete an act of kindness to help you keep track! Then choose a friend or relative to send a J.W. cutout to.

