

# OHUDDLE HOUR

2022/23

Wayne County  
Schools Career  
Center



[WWW.OHUDDLE.ORG/OHUDDLE-HOUR](http://WWW.OHUDDLE.ORG/OHUDDLE-HOUR)

OHuddle Hour is an experience to promote hope, rest, fun, and self-care. Taking care of yourself takes care of our students. Sessions occur over lunch periods or before school. There is no cost to participate. All OHuddle hours are generously sponsored by community partners.

OCTOBER

20th

## MORNING MOTIVATION

Start your day off right! Come grab a coffee on your way into the building from Ott's Coffee Truck! Leave with a motivational speech to help start your day.

JANUARY

26th

TBD

Menu being determined by the culinary department!

MARCH

23rd

## FOOD TRUCK

Swing by and enjoy food from the food truck instead! Spin the wheel for an opportunity to pay it forward!



## PICK YOUR OHUDDLE HOURS

Take a quick 2 minute survey to pick future OHuddle Hours or share an idea that would promote self care in your building  
[www.ohuddle.org/ohuddle-hour](http://www.ohuddle.org/ohuddle-hour)

Questions? Email WCSCC Site Coordinator Sonya Wenger [swenger@ohuddle.org](mailto:swenger@ohuddle.org)