

OHUDDLE HOUR

2024/25

Brrville City Schools



[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
10th

OTT'S + OH-MAZING RACE

Swing by Ott's Coffee Truck on the way into work for gourmet coffee or tea and leave with a limited time pre-race opportunity for the whole family.

FEBRUARY
13th

CALCULATION CUPCAKES

Enjoy yummy treats from CSB or Miss Amy's Bakery and learn about new service coordination opportunities for youth

April
24th

ADULT HAPPY MEALS

Kick off convocation by learning about the science of happiness and how gratitude practice changes the brain... and watch out for your happy meal prize.



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

Questions? Email OHS Site Coordinator Stacey Ubelhart at subelhart@ohuddle.org or OMS Site Coordinator Erin Downs at edowns@ohuddle.org