

# OHUDDLE

2022/23

# HOUR

*Triway Local  
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.

SEPTEMBER

30th

## DOGS + DESSERTS

Swing by during lunch to enjoy Miss Amy's desserts and love on some therapy dogs. Leave with information about how animals can help you to reduce stress!

NOVEMBER

18th

## 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.

APRIL

21st

## FOOD TRUCK

Take packing lunch off your to-do list 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 THS Site Coordinator Erica Owolabi at [eowolabi@ohuddle.org](mailto:eowolabi@ohuddle.org) or TJHS Site Coordinator Jen Zehnder at [jzehnder@ohuddle.org](mailto:jzehnder@ohuddle.org)