

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2026/27

*Rittman Exempted
Village Schools*



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
All
MONTH**

MASSAGE BREAK

The human body only needs seven minutes to recalibrate for stress detox. Schedule a 10-15 minute break any (or several) time/s this month!

**December
3rd**

PICKLES & PASTRIES

When life gives you pickles, learn to pivot! Join us for a sweet treat from Miss Amy, pickle fountain, and a make-and-take sensory / regulation activity.

**May
6th**

LUNCH BREAK WELLNESS

Skip the lunch-packing shuffle and come hungry! We're bringing food to the staff lounge—you just bring your appetite. Learn about intentional wellness when you have too much on your plate.



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 RMS/RHS Site Coordinator Patty Schehl at pschehl@ohuddle.org or
RES Site Coordinator Aisling Cadmus at acadmus@ohuddle.org