

# OHUDDLE

2022/23

# HOUR

*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

11th

## 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!

MARCH

14th

## SMOOTHIES + SELF CARE

Enjoy a mid-day pick-me-up of smoothies and get filled in on how to get creative with self care!

APRIL

18th

## 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 OHS Site Coordinator Stacey Ubelhart-Barrett at [sbarrett@ohuddle.org](mailto:sbarrett@ohuddle.org) or  
OMS Site Coordinator Erin Downs at [edowns@ohuddle.org](mailto:edowns@ohuddle.org)