OHUDDLE HOUR

2026/27

Norwayne Local Schools

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

OHUDDLE
LIFE IS A JOURNEY
WHO'S IN YOUR HUDDLE?
www.ohuddle.org

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 24th

OTT'S COFFEE TRUCK

Swing by Ott's Coffee Truck on the way into work for gourmet coffee or tea! Fill your cup with an intentional wellness exercise.

January 7th

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.

April 8-Summer 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 these months!

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 NMS/NHS OHuddle Site Coordinator Ella Zollinger at ezollinger@ohuddle.org