

# OHUDDLE HOUR

2023/24

Norwayne 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.

NOVEMBER

16th

## ORGANIZE + OTT'S

Swing by Ott's Coffee Truck on the way into work for gourmet coffee or tea and leave with organizing ideas to simplify your life from Simple Spaces!

MARCH

21st

## MOVE YOUR CUPCAKES

Enjoy yummy treats from Miss Amy's Bakery and learn how to reduce stress with exercise and physical activity!

MAY

16th

## JOY SNACKING + FOOD TRUCK

Skip packing for lunch and grab food at the food truck while learning the art of "Joy Snacking" for self care!



## 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 Norwayne Site Coordinator Kim Friend at [kfriend@ohuddle.org](mailto:kfriend@ohuddle.org)