

# OHUDDLE HOUR

2024/25

*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.

AUGUST  
12th

## ADULT HAPPY MEALS

Kick off convocation by learning about the science of happiness and how gratitude practice changes the brain... and watch out for your happy meal prize.

OCTOBER  
17th

## OTT'S + OH-MAZING RACE

Swing by Ott's Coffee Truck on the way into work for gourmet coffee or tea and leave with a limited time pre-race opportunity for the whole family.

FEBRUARY  
20th

## CALCULATION CUPCAKES

Enjoy yummy treats from CSB or Miss Amy's Bakery and learn about new service coordination opportunities for youth



## 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  
TMS Site Coordinator Jen Zehnder at [jzehnder@ohuddle.org](mailto:jzehnder@ohuddle.org)