

WELCOME TO OUR HUTCH FAMILY

We are excited to share the works of our ambitious and creative writers and visual artists for our 26th issue of HUTCH magazine. This is our second online edition; the second issue available for the whole wide world to view. We encourage young learners from all over to contribute and enjoy our online publications.

Peter's 'Living Healthy' theme idea was in part inspired by this season of rejuvenation, a time when we can feel lighter and most open to trying new things that support our happiness and overall well-being. Engaging in physical activity can be joyful. You can feel pride in reaching new goals, gaining new strength and skills, and derive a greater sense of ownership over the wonderful and uniquely-abled body you've been given. Equally important is paying attention to our emotional health. Physical activity helps, as do other activities such as reading, singing, journaling, creating, and connecting with others in authentic ways.

We believe you have the power to take great care of your whole self. Enjoy this new season and these pages that offer ideas and inspiration on living healthy and feeling your personal best.

Warmly,



Nancy Marsh; Senior Editor