

Arthur and the full-belly brigade

A story about the right to a healthy life



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LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse



Have you met Arthur? No? Well then, it's about time you did!

Arthur is an owl. But listen up! He is nothing like an ordinary forest owl. Arthur is the coolest, cleverest guy you could ever imagine. Always joyful and full of energy, he is brimming with creative ideas and has a special talent for singing and dancing.

You'll never be bored in Arthur's company. On the contrary, anyone who hangs out with Arthur always gets to share his exciting adventures.

Once, during a chaotic journey, Arthur fell right through the Earth until he reached a cloud on the other side where he met the Cloudies and together they committed to promoting **tolerance and respect**. Another time, he and his friends saved the polluted pond and fought to **protect nature**. A thrilling tale that left Arthur and his friends exhausted and their muscles aching.

After this exhausting cleaning operation, they needed time to rest and relaxed. **The animals basked in the sun, put their feet up, chatted, had fun and played games.** This was the good life, in all its glory! Until one day, while everyone was still fast asleep, a shrill, raspy voice rang out through the forest and made the leaves on all the trees tremble.



**“I’m really fed up of this
never ending race for food!”**

„I spend all day searching for pesky nuts, which end up being empty, rotten or completely shrivelled up!”

**Jacqueline the squirrel was leaping from
branch to branch, with an exasperated look
on her face. She kicked over a few pinecones
in her way.**

“These bothersome seeds are wearing me out! **So much for
work-life balance!** My life will soon be nothing but scrabbling
through the bushes looking for a miserable little rotten nut to
nibble on!”

**The next pinecone fell right beside the mouth of Jeannie the
mouse’s hole.**

“Join the club”, said a small, shrill voice. “Day after day I wear out my teeth on these tough old roots just to get a few sorry, dried-up crumbs. And because I’m not as quick as I used to be, it’s been ages since I last caught a juicy fly.

**I’d do anything for something
to fill my tummy!”**

Jeannie the mouse licked her lips.

“What about me?”, buzzed a voice in the sky. Gigi the wasp was zigzagging through the branches. “I dream of guzzling some raspberry jam, a chocolate ice cream or chomping on some candy floss...”, she grinned. “Instead, I have to settle for wilting flower buds.”

Meanwhile, all the groaning and moaning had also woken up to the toughest old marmot. **Still sleepy and confused, the animals of the forest all came out of their nests, burrows, bushes and piles of leaves.** Soon their confusion was gone and at once everyone began talking excitedly.





“I’d love a litre of sticky sweet water!”, cried Lizzie the butterfly, Arthur’s best friend.

“Yes, we’re sick and tired of these rotten old slimy beetroots. No more bulbs or snails or earthworms. We just can’t take any more digging or scratching until our hooves are on fire!”, protested the wild boars from behind the hedge. “We want fried potato cakes with ketchup and whipped cream!”

Monica the magpie flapped her wings excitedly.

“Woohoo! I’d like an all-you-can-eat buffet open all day, every day please!”, she squawked.

“Great idea!”, rejoiced Kiki and Carlos, the two frogs. “You know what would be good?... spicy fried insects. Tasty!” “Yum! Or covered in caramel!” Kiki did a twirl. “And covered with icing!”

Arthur was sitting quietly in his tree, listening to all the chatter below. He scratched his head thoughtfully. To tell the truth, he would also happily swap his usual food – mainly rats, fish and all sorts of creepy crawlies, for an easier option.

Lizzie read his mind. “Imagine a world where you didn’t have to eat hairy rats and could gobble up anything you wanted!” Arthur’s eyes lit up.





**Despite their enthusiasm,
none of the animals could have dreamed that
a such a wild fancy could come true.**

Nobody could have imagined that Nello the worm, Mike the hedgehog and Pippa the raccoon would conjure up overnight an invention that would change all of their lives. **The three friends worked tirelessly, sawing, nailing and tinkering without revealing anything to the intrigued animals around.**

They kept going for a whole week, until finally Nello whistled loudly. Mike blew his horn and Pippa called all the animals together.



The trio stood in front of a huge hut covered by a curtain of leaves.

“Ladies and gentlemen, no more hunting rats, roots and flies. From now on, order what you want and as much as you want!”

Pippa clapped her paws together. “If you fancy salty, sweet or creamy cheese, piles of ice cream or mountains of chocolate, then your worries are over!”

The three friends pulled back the curtain with a flourish, revealing a wonderful multi-coloured wagon.

What the forest dwellers saw behind the counter took their breath away:

Ice creams of every colour of the rainbow, giant potato cakes, colossal mounds of spaghetti, towers of chips a few metres high, a giant popcorn gun, an enormous chocolate fountain, huge piles of crisps, sugar-coated nuts and lollipops. There were pink, blue and fluorescent green lemonades, marshmallows, sweets and

**absolutely everything
you could ever dream of... and more!**

The animals raced over to the stand. As everyone wanted to be first to place their order, there was shouting, grumbling, groaning and cursing. Some animals were jostled, pinched or trampled. Jeannie the mouse tripped up the wild boars; Carlos raced frantically with Kiki; Monica the magpie pecked Jacqueline on the backside. Even Arthur, overcome by desire, forgot all his manners.

Mike blew his horn sharply. “Calm down, you ruffians! There’s enough for everyone! But if you can’t behave yourself, you must leave right now!”

The hungry guests calmed down straight away and formed an orderly queue. Then, can you imagine? Not only there was enough food for everyone, there was actually far too much. One, two, three helpings... some customers even had four helpings.



“Delicious!”

“Brilliant!”

“Exceptional!”

“Great!”

“Two stars!”

“Three stars!”

“A thousand!”



Everyone agreed: their food wagon was the best and tastiest idea ever!

Before starting the washing up, the chefs asked their full and satisfied but exhausted fans one last question.

**“Hey guys,
how about we reopen our
food wagon again tomorrow?”
“Yeahhhh!”**

Everyone burst into applause. The friends exchanged a happy smile. “Great! Pippa Pizza, Nello Mozzarella and Mike Chocolike forever!”

The three friends celebrated their success until the early hours of the morning.

Arthur, however, couldn't find any reason to be happy. No matter how much he tossed and turned, he just couldn't fall asleep.

Thoughts were darting around his exhausted mind so fast that he couldn't catch a single one.

His stomach was so full. It felt like

the popcorn was bouncing on a big ball of sweets and the spaghetti was lassoing his heart. The roasted almonds were playing ping-pong, and the lemonade and ice cream were in a gurgling contest.

Poor Arthur was shaking and sweating so much. He had never felt so bad. "I'd rather eat rats than feel like this", he thought hours later as he fell into a feverish sleep.

None of the other animals felt any better either.





In the morning Jacqueline the squirrel was so stuffed that she couldn't squeeze out of the hole in her tree. Carlos and Kiki spent hours drifting around the pond on a lily pad as if they were on autopilot. Monica the magpie no longer had the strength to flap her wings. Lizzie was snoring in her flower, Gigi had vanished, and Jeannie's snout was only spotted for a second.

Mike, Pippa and Nello, who were ready to start cooking again in the wagon, watched the scene with doubt in their eyes.

"Do you think any of them will show up?", asked Pippa.

"Don't worry, dear !", said Mike and Nello, reassuring her.

**"Nello Mozzarella, Pippa Pizza and
Mike Chocolike one day,
Mozzarellopizzachocolike, forever!"**

„Have a little patience!"

**And that's exactly what happened. Gradually everyone
returned to the stand to place an order.**



“Two toffee apples, please!”
“Nello-style crisps. Extra-large, please!”
“A triple pizza burger for me!
With all the toppings.”
“And for dessert, giant energy cookies.”
“A chocovolcano.” & “Happy N&M’s!”
“Four portions of magic unicorn popcorn
for me. Then I’ll have some leftovers.”
“A marshmallow cloud lollipop.”
“A super protein rainbow cake.
For muscles of steel!”
“A Powerboost 3000 and some Poka Bola!”
“A Panda light with rainbow candies!”

And Arthur? He had stuck to his decision. From his tree, his head foggy and his belly swollen like a balloon, he watched the animals as they paraded by. His friend Lizzie dragged a giant cup of sweet water to her flower. When Arthur waved his wings to greet Lizzie, she did not respond.

Arthur suddenly had a really bad feeling.



Day after day the animals flocked to the food stand. Nello, Pippa and Mike kept inventing new dishes. Sweet treats to lift your spirits, snacks to beat the blues, delicacies to bring joy, drinks to wake you up, others to make you relax, crunchy snacks for extra cheer and desserts to comfort you.

**Gradually calm descended upon the forest.
No-one was cheering any more,
nobody was dancing any longer,
no singing was heard at all.**

There was no more arguing, not longer any chatting and no-one was play fighting at all. In front of the food wagon, the animals barely said a few words to each other before disappearing off on their own.

With their legs in the air, the wild boars lay there all day counting the clouds. "There are more today than yesterday." "Yes." There was nothing else to add.

Lizzie flew back and forth between the cup and the flower, which was not always so easy because her wings were really sticky.

Monica the magpie dragged a chip lazily across the floor. "Can I still fly?", she wondered while shaking her head in confusion.

Gigi the wasp had problems with her sense of direction, so she kept getting lost, while Carlos and Kiki blew away because of the gas in their tummies. One day, Lizzie fell into her goblet and, if Arthur hadn't fished her out at the last minute, she'd have drowned in the sticky juice.

As Jacqueline was stuck in her hole because of her belly, Nello brought her order in his brand-new delivery van.

The other animals also fell in love with the van and started using it immediately. From that moment, the wonderful forest that had been so full of life emptied completely. **This situation worried Arthur deeply, but it also made him profoundly sad. Above all he was scared for all his friends.**

Especially Jeannie the mouse, who he had not seen for weeks. "I have no idea what's going on with her. She asked us to throw some popcorn into her hole", explained Nello shrugging his shoulders. It was then that Arthur decided it was time to take action. "Enough is enough!" he said and flapped his wings.

**"It's time for
Arthur's master plan!"**

To start with, he called his friends the Cloudies.





“I need your help!” They set off immediately. “We’re coming, Arthur!”

Then, he went to see the little girl who had helped to clean the pond. He knocked on her window in the middle of the night. “Nora, it’s an emergency! The animals are sick. I need help!” **Nora knew right away what to do. “My aunt is a vet!”, she cried.**

Arthur also realised that he had to talk to Nello, Pippa and Mike. Contrary to what he had expected, the three chefs were relieved to hear Arthur’s concerns.

“You’re right, Arthur: nothing is like it used to be”, said Nello, visibly worried. “Do you remember what a gorgeous summer we had last year! We spent our time laughing, partying and eating together. And now, there is none of that any more because of us”, sniffed Pippa. “We wanted to stop so that everything could go back to how it used to be, but they wouldn’t let us”, explained Nello.

**“I think they’ve become addicted,
and worst of all it’s made them sick”.**

They lowered their eyes, overwhelmed with guilt. “Jeannie is the sickest of all. I know that she isn’t only addicted to popcorn now, she also can’t stop playing the Catch-a-cat game day and night.”

Mike frowned. “What should we do, Arthur?”

Although the situation was complicated, Arthur’s plan quickly took shape. **The clever owl spent the entire night thinking, tinkering, prepping, cooking and stirring with the Mozzarellopizzachocolike team and the Cloudies, who had just landed and keen to design a new menu.**

“We are going to make a nut bar.”

“A veggie burger.”

“Banana purée with pears.”

“A fruit salad!”

At six in the evening, Pippa woke up the animals with a loud, shrill whistle.

“Dear friends, no more delivery service! But don’t panic, Nello, Pippa and Mike are waiting for you with an extraordinary food wagon.”

It took some time, before the first hungry and grumpy customers dragged themselves over to the wagon. They were rather surprised to see Arthur cooking.

“Customised meals for everyone”, announced Pippa solemnly.

Arthur handed a plate to each animal in line. None of them seems too excited.



“What happened to my popcorn?”

“And my favourite ice cream?”

“And why is there no more Poka Bola?”

“This is awful!”

“I want some chocolate! Now!”

“No more chips?”, exclaimed Monica, sulking.

“No more ketchup?”, grumbled the wild boars.

One by one they took their first bite, visibly unhappy. Silence fell over the animals. A veery sombre silence, but you'll never guess what happened next! The complaints gave way to “ahhs” and “ooohs”, to “mmms” and “yums”. In the end, even Jeannie the mouse joined them, her tiny eyes glazed over and her snout pale. Arthur and his team of chefs were relieved.

Although some would have liked to gobble up crisps, ice cream and popcorn, the atmosphere was better than it had been for weeks.

“The food and drinks from the delivery wagon were great, but I missed you all!”, exclaimed Lizzie.

“I felt sad and lonely all the time. And the more alone I was, the more I ate”, Jacqueline admitted. “And, I didn't feel well.”

“The computer became my best friend, but that's not what I want at all”, squeaked Jeannie.



“Neither do we,” said the wild boars. “We really weren’t doing well... everything seemed so difficult”.



“I would really like to fly again... but for now, I can’t”, sniffed Monica. “And we turned into balloons”, cried Kiki and Carlos, with a look of despair.

“There’s nothing to worry about, help is on its way. You know, everyone has the right to have good health”, promised Arthur.

Right at that moment, Nora arrived with her aunt, armed with a large medical bag and ready to give all the time and patience each animal needed.

“Will we still be allowed to eat the potato fritters?”, asked the wild boars. “Do we have to stop eating desserts?”, worried Jeannie. The vet shook her head. “No, but you shouldn’t eat them every day and only in moderation”, she answered. “And...”, she added, her face becoming serious. “You need to do some exercise. If you don’t move, you’ll get sick, and often unhappy as well.” “That’s right!”, cried Jeannie in a high-pitched voice.

Arthur thought about it. “So what if we organise a sports club?”

“Great idea! I’ll start a rowing club!”, announced Kiki. “I’ll set up trampoline lessons!”, squealed the squirrel. “We’re going to offer running and digging coaching!”, announced the wild boars.

“And I’ll teach dance lessons of course!”, Arthur rejoiced.

I bet you're wondering if the animals got back into shape and found their love of life again. It took some time, there were highs and lows and sometimes there were arguments, because not everyone wanted to eat healthily and do exercise all the time. These reactions are completely normal. There were times when some still craved chips and ice cream. **From time to time, Nello and Mike still made their famous buffets of popcorn, crips, chocolate ice-creams and soda treats for all. Since the animals only had this buffet for special occasions, they enjoyed it all the more.**

Do you know what the animals did with Jeannie's computer?
She and her friends not only wrote

a fantastic cookbook and invented some great new sports games,

which were all very successful!



This book is the fruit of the partnership between Anja di Bartolomeo, Giulia Helminger and the class 4.1. A of Laureanne Kurt at the Capellen primary school for the Universal Children's Day 2025.

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In this new adventure, Arthur the owl discovers that his forest friends no longer want to eat fruit, vegetables or nuts... All they want is food that is too sweet or too greasy. And above all, they spend their days hardly moving at all, their eyes glued to their screens. Very quickly, the animals become tired, grumpy... and even ill.

Arthur doesn't understand what's going on. With gentleness and determination, he helps his friends rediscover the taste for simple things: eating healthily, playing together, running, jumping, laughing and spending time outdoors.

Arthur's story reminds us that to be fit and happy, everyone needs a healthy diet, rest, exercise and a good balance in life. It also shows that we can make better choices, especially when we are surrounded by people who care and support us.

Like Arthur, you too have the right to grow up healthy, eat well, play, move around and feel comfortable in your own body. You have the right to be protected from anything that is likely to harm your health.

**All people have rights –
including you!**

You even have special children's rights!

Children's rights are defined in the UN Convention on the Rights of the Child. Almost every country in the world has promised to uphold these rights. Also Luxembourg! It is about the right to education, protection, leisure, the right to express one's opinion and the right to a clean and safe environment.

In order to be able to live your rights, you must of course first know them. Take a look here with your parents to better understand, exercise, and defend their rights in everyday life:



Luxembourg has an action plan with over 60 actions, which are intended to help protect your rights:



Some children experience that their rights are not respected or protected, or are in a situation where someone else wants to harm them. If you or someone you know is in such a situation, make sure to talk to someone you trust.

You can also ask for help from the following services that are especially for children:

Kanner- a Jugendtelefon: www.kjt.lu / Tel.: 116 111

Ombudsman fir Kanner a Jugendlecher: www.okaju.lu / Tel.: 26 12 31 24

Office national de l'enfance: www.officenationalenfance.lu / Tel.: 8002-9393

Den Arthur op Frupsmissioun

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