

## What should I already know?

- Rosa Parks and Malala Yousafzai are important women from history who fought for people's rights.
- On Remembrance Day we remember people who helped in wars.

## Key facts

How did Florence Nightingale, Mary Seacole and Edith Cavell help others in times of need, and why do we remember them today?

### Florence Nightingale:

**Born:** 1820 in Italy.

**Contributions:** Led nurses during the Crimean War in Turkey, improved hospitals, and started a school to train nurses. Known as The “Lady with the Lamp.”

**Significance:** Made nursing a respected job and helped hospitals become cleaner and safer.

### Mary Seacole

**Born:** 1805 in Jamaica.

**Contributions:** Learned herbal medicine from her mother. Even though people treated her unfairly because of her race, she still helped soldiers during the Crimean War. She set up the British Hotel near the battlefield to look after soldiers.

**Significance:** Even though people were unfair to her, she still cared for soldiers using both natural remedies and modern nursing skills.

### Edith Cavell:

**Born:** 1865 in Norwich, England.

**Contributions:** Helped injured soldiers from different countries as a nurse during World War 1. She broke the law to secretly help 200 soldiers escape from Belgium. She was arrested and sadly executed.

**Significance:** Remembered for being very brave and caring, helping people no matter where they came from.

## Key Vocabulary and definitions

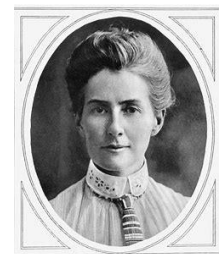
Vocabulary	Definition
war	A fight between countries or groups
herbal remedies	Natural medicines made from plants
discrimination	Treating someone unfairly because of who they are
racial prejudice	Unfair treatment of people because of their skin colour
founder	A person who starts something new, like a school or hospital
soldier	A person who fights in an army
traitor	Someone who acts against their own country or group.
spy	A person who secretly gathers information



Florence Nightingale



Mary Seacole



Edith