**Year 1 – Who were Florence Nightingale and Mary Seacole? – Historical Narrative**

Once upon a time, there were two amazing ladies named Florence Nightingale and Mary Seacole. They were both very special because they helped people who were sick or hurt.

Florence was like a real-life superhero. Even though she didn't have to work because her family had lots of money, she decided to become a nurse. Back then, people thought nursing wasn't a job for rich girls like Florence. But she didn't care. She went all the way to Germany to learn how to be a nurse.

Then, something big happened! There was a war, and lots of soldiers got hurt. Florence packed her bags and went to a faraway place called Crimea to help them. She made sure the hospitals were clean and the soldiers had good food. They called her the "lady with the lamp" because she would check on the soldiers at night, shining a light to help them.

When Florence came back home, she told everyone how to make hospitals better. She became super famous and even got a special medal from the Queen! She wrote books and helped train other nurses.

Mary Seacole was another incredible lady. She was from Jamaica and learned how to help people from her mum, who ran a hotel for sick soldiers. When she heard about the soldiers in Crimea getting sick, she wanted to help too. Even though nobody chose her to go, she used her own money to travel there.

Mary opened a hotel near the battlefield and took care of the soldiers. She cooked for them, gave them medicine, and even used plants to help them heal. But being so kind cost Mary all her money. So, she wrote a book to try to get some more.

After they both passed away, people remembered Florence a lot, but sadly, they forgot about Mary for a long time. But now, we know how amazing they both were, and we celebrate them because they were like real-life angels who cared for others more than themselves.