



Mary Seacole: the nurse



Marcus Rashford: the footballer



Marcus Rashford helping others

Young Mary was born in Kingston on the Caribbean island of Jamaica, sometime in 1805. In the Crimean war, soldiers were cold, dirty and hungry. Some were sick and wounded and weren't being cared for. As a nurse, Mary helped these soldiers.

Marcus Rashford was signed to play football at Manchester United when he was at primary school. As a young child, he would copy tricks that he saw on football computer games. He grew to be a professional football player.

In 2020, Marcus wrote a letter to the prime minister asking to tackle child hunger in UK. His letter convinced the government to provide free meals to vulnerable children during school holidays amid the COVID-19 pandemic.

For your project, can you find out information about Mary Seacole, Marcus Rashford or any people who have dedicated their life to helping others? You can present it in any way you like. It can be a fact-file, poster or book. You can even draw portraits. Kindly ask your parents for help. Bring these projects on the first day back from the half term break. The best project will win a prize!