

## Making medicine like Mary Seacole



This half term, Transition have learnt all about the famous nurses – Mary Seacole and Florence Nightingale.

This week, we have learnt about the herbal remedies that Mary made to help her patients.

We learnt that mint and ginger were used to settle a poorly tummy, lemon to help treat a cold and okra to heal boils on the skin!

The children then used some of the special ingredients to make their own healing potions mixing lemonade, ginger beer, mint and lemon to make a medicine that Mary would have been proud of. Next, we designed our own bottles to store our medicine in!

The children have all loved learning about Florence and Mary and we hope that they have shared some fascinating facts with you too!

Miss Beth Hayter and Mrs Heather Hallam

