

Hospice Sunflower Fun Day Pack



TOGETHER
FOR **HOSPICE**
THE NATIONAL HOSPICE MOVEMENT



Hospice
Sunflower
Days



Thank you

for supporting your local hospice by signing up to host a **Hospice Sunflower Fun Day** in your school in June.

Hospices nationwide need to raise approximately €20 million each year and as our population ages, demand for specialist hospice and palliative homecare services continues to grow. Funds raised through **Hospice Sunflower Days** play a vital role in supporting hospices to continue caring for patients and their families nationwide.

Your schools participation in the event will to have a huge impact on so many people's lives. **By wearing yellow and donating**, you are bringing a little sunshine to those who need hospice care in your community.

We have included some handy tips and content here so you can all have as much fun as possible with your buds (get it!) on your chosen **Hospice Sunflower Fun Day**.



We have included;

-  A Letter to Parents / Guardians to inform them of the planned **Hospice Sunflower Fun Day** and more information on where the donations go.
-  A poster to hang in the school/classrooms if you wish.
-  Tips on planting your sunflower seeds.
-  Colouring pages for the pupils to use on your chosen **Hospice Sunflower Fun Day**.

**Hospice
Sunflower
Days**



Date: ___/___/___

Dear Parent / Guardians,

In support of our local hospice, we are participating in a **Hospice Sunflower Fun Day!** We are asking the pupils and staff to wear something yellow to school on the above date. It can be a jumper, hat, t-shirt - whatever you wish! We would be very grateful if your family can make a donation of €2, or whatever you can afford, which will go directly to our local hospice who have kindly provided us with sunflower seeds and resources for the day.

Hospices nationwide need to raise approximately €20 million each year and as our population ages, demand for specialist hospice and palliative homecare services continues to grow. In 2022 alone, Hospice services across Ireland cared for over 17,300 patients and made over 85,000 homecare visits. Funds raised through Hospice Sunflower Days play a vital role in supporting hospices to continue caring for patients and their families nationwide, with every euro raised locally, staying locally.

Schools all over the country are supporting their local hospice by participating in a **Hospice Sunflower Fun Day** but you can also look out for the annual Hospice Sunflower Days on-street collection which will be taking place on Friday 7th and Saturday 8th June 2024. To find out more visit www.sunflowerdays.ie.



We are incredibly grateful for your support.
Thank you.



Hospice
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Days



Wear yellow
and donate
€2

In support of our local hospice we are holding a Hospice Sunflower Fun Day

We are supporting

Date



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Tips on planting

Look on the bright side...like a Sunflower!

Planting indoors

You may want to plant your seeds indoors in the classroom, here are some helpful tips and suggestions:

-  Use individual pots with drainage holes at the base, fill the pots with compost, poke a small hole in the middle using your finger and pop a seed or two in. Cover over the seed with compost.
-  Place them on the windowsill in the classroom, keeping them well watered.
-  Once the seedlings have grown to approx. 15cm in height they can be planted outside.
-  Once planted, keep them well watered, they will grow very tall so stake them where necessary.



Planting outdoors

-  It is recommended to sow sunflower seeds into pots, but if sowing the seeds directly into the soil, ensure the area is free from weeds and grass.
-  Make 12mm deep holes, with 20cm between each seed. Place the seed in the hole and cover it with plenty of compost.
-  Water the seeds gently and keep watered until plants are fully established.



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