

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 have a huge impact on so many people's lives. **By supporting our Fun Day initiative**, 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** this year! We have kindly been provided with sunflower seeds and resources for the day. We hope to get the pupils and staff involved on the above date by **planting a little sunshine** and we would be grateful if your family can make a donation of €2 or whatever you can afford, which will go directly to our local hospice service. The pupils can wear whatever they like on the day, be creative if they wish in full-on **Sunflower style** or simply just wear their favorite jumper or t-shirt!

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 2024 alone, Hospice services across Ireland cared for over 19,000 patients and made over 105,000 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 12th and Saturday 13th June 2026. To find out more visit www.sunflowerdays.ie.



We are incredibly grateful for your support.
Thank you.



Hospice
Sunflower
Days



Plant a little sunshine
for those who
need it most this
Sunflower Day

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

We are supporting

Date

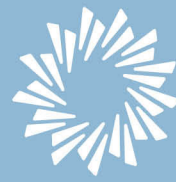


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Tips on planting

Sowing seeds for support...

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.



Top Tip!

For planting, use clean empty yoghurt pots with holes punched in the bottom



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.

Top Tip!

You can sow seeds indoors from March and outdoors from April



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