

# Remembrance Day Traditions



## Australian Flag

**On Remembrance Day flags are flown at half mast from 10:30am to 11:03am as a sign of mourning and respect. This tradition stems from sailing ships that lowered their sails at sea to honour an important person or mark a death.**



## Rosemary

**Many people wear a sprig of rosemary on Remembrance Day. Since ancient times this aromatic herb has been recognised as a sign of remembrance and loyalty. It is also significant as this plant grows wild on the Gallipoli peninsula.**



## Poppies

**The Flanders poppy was one of the first plants to grow on the blood soaked battlefields of France and Belgium. Poppies often symbolised as sleep or oblivion. Silk poppies are sold on Remembrance Day with proceeds going to charity.**