

Peer Mentoring Programme



The Peer Mentor System at Coláiste Chú Chulainn is a valuable initiative designed to help first-year students settle into secondary school life and feel part of the school community. Through this programme, Senior Cycle students are paired with incoming first-year students to offer guidance, support and encouragement as they begin their secondary school journey.

Starting secondary school can be an exciting but sometimes challenging experience. First-year students must adapt to a new environment, meet new people, navigate a larger school and become familiar with new routines and expectations. Having a peer mentor provides them with a friendly and approachable person they can turn to for advice, reassurance and support during this important transition.

As part of the school's commitment to inclusion and diversity, students who come from other countries are also buddied up with students from the same country, where possible. This provides them with an opportunity to connect with someone who may share a similar cultural background and understand some of the challenges associated with moving to a new country and starting in a new school. These student buddies help guide new students, familiarise them with school routines and encourage them to



become involved in school life. Having this additional support can help students feel more comfortable, build confidence and develop a stronger sense of belonging within the school community.

The Senior Cycle peer mentors play an important role in welcoming first-year students, helping them build friendships, develop confidence and become involved in school activities. By sharing their own experiences and offering practical advice, mentors help younger students feel more comfortable, included and connected within the school community.



The programme also benefits the senior students involved, allowing them to develop valuable leadership, communication, teamwork and interpersonal skills. It encourages a sense of responsibility, empathy and respect, while strengthening relationships between students across different year groups and cultural backgrounds.

Overall, the Coláiste Chú Chulainn Peer Mentor System promotes a positive, inclusive and supportive school environment. By fostering connections between Senior Cycle and first-year students, as well as supporting students who are new to Ireland, the programme helps ensure that all students feel welcomed, supported and valued as members of the school community from the very beginning of their time at Coláiste Chú Chulainn.

