

ENGLISH



K-3
Foundational
Skills



GRADE 3
FOUNDATIONAL SKILLS UNIT 7

Everyday Heroes |

Reader

EDITION 1

Grade 3

Foundational Skills 7

Everyday Heroes

Reader

Acknowledgement:

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Skills 7 Reader

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Introduction

Do you know about the heroes that walk among us? You may not notice them because they don't wear capes, fly through the air, or shoot webs to catch lawbreakers. But this doesn't make the work they do any less heroic.

These heroes are even better than superheroes from movies or books because they're real, and they live in our communities. These brave people quickly come to the rescue in an emergency. They are firefighters, **paramedics**, and police officers.

Firefighters, paramedics, and police officers are also known as first responders. They're the first people we call when there's an emergency, fire, or community problem. Let's learn more about **first responders** and their vital work to protect our communities.



Chapter

1 Paramedics

The First Paramedics

We all know that emergencies can happen anywhere. Until a few decades ago in the United States, however, there was no emergency care system outside hospitals.

People in many communities live far away from hospitals. Some people are alone when they get hurt or sick, or they can't drive to see a doctor. These **awful** situations are why paramedics are so important.





How did the job of a paramedic come to be? President Lyndon B. Johnson received a haunting report in 1966. The report showed that a high number of people were dying each year from accidental injuries and that there needed to be a system of **standard** emergency medical care. The people in charge of that emergency medical care would be trained paramedics.

Paramedics would receive training on how to provide medical care to people outside hospitals. Paramedics would assist people who were choking or having a heart attack. They could deliver babies and treat **physical traumas**, such as broken bones. Establishing such a system seemed **daunting**, but it soon became a reality.

Hospitals on Wheels

Paramedics show up to help people during emergencies, arriving in ambulances that are hospitals on wheels. The ambulance is where a paramedic can provide **vital** critical care to a patient before they reach the hospital. Ambulances today have **awe-inspiring** tools such as **defibrillators** to restart hearts, oxygen for people who struggle to breathe, and splints to set broken bones. This technology is a dramatic shift from the emergency care that people received in the past.

Constant Communication

Paramedics must always stay in contact with each other and with hospitals to share important information about the people they treat. The paramedics and the hospital staff must work as a team.

Constant communication prepares the medical staff to help the patient quickly when the ambulance arrives. This system of communication is called the **Emergency Communication System**, or ECS.



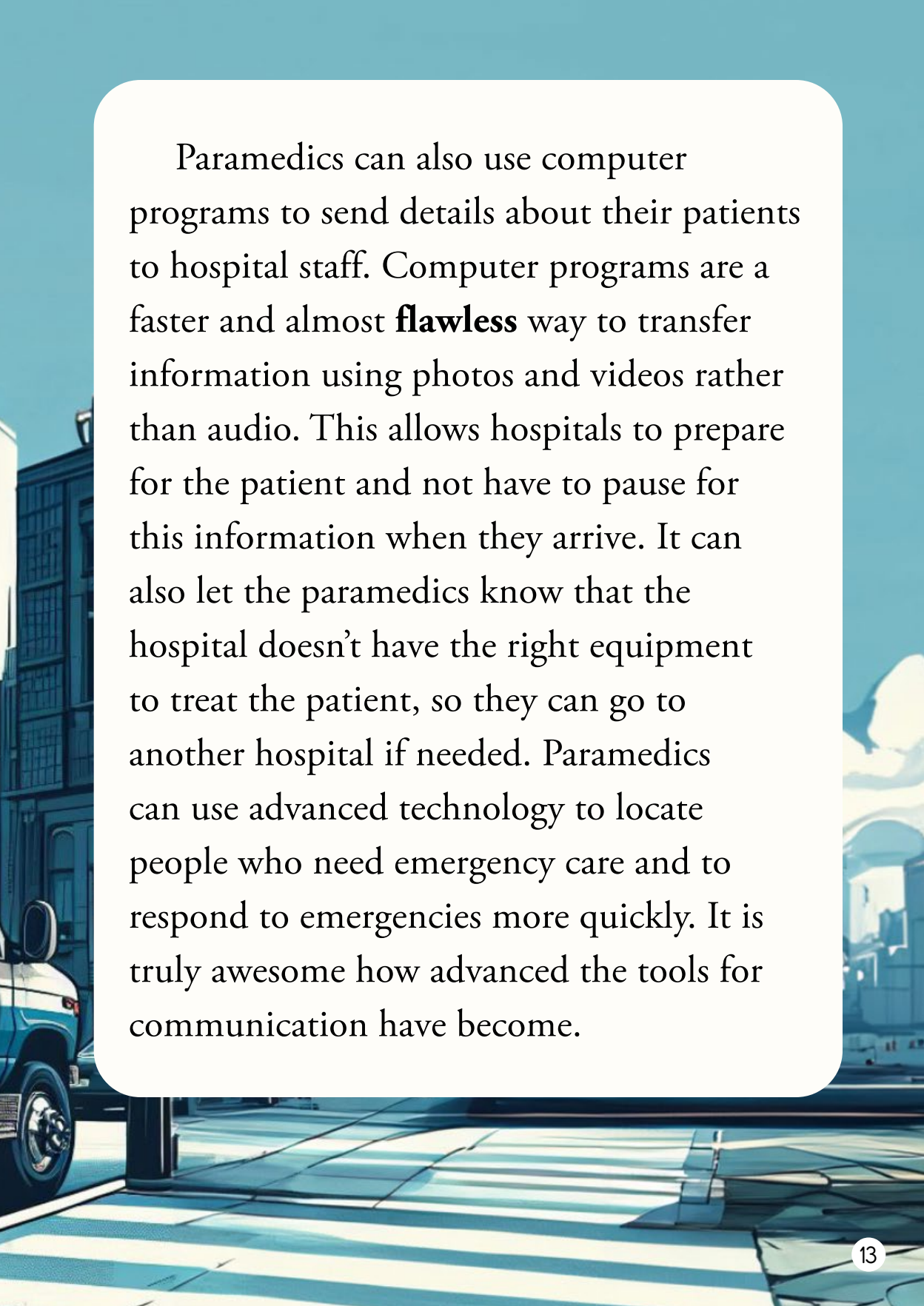
Think about how phones, computers, and video games have advanced. You can imagine how much ECS has changed since it began in the 1960s. Paramedics struggled to relay crucial information to hospitals using only basic radios. They now use the internet to update medical information about the patient, such as heart rate, oxygen levels, and temperature, before they even arrive at the hospital.

Hospital teams can also know the exact location of the ambulance using the **Global Positioning System**, or GPS. GPS is a system that uses satellites to detect where objects and people are. This technology is critical during an emergency. Medical teams at the hospital can know when the patient will arrive.

The ambulance driver can also use GPS to find the fastest way to the hospital by avoiding traffic and roadblocks.







Paramedics can also use computer programs to send details about their patients to hospital staff. Computer programs are a faster and almost **flawless** way to transfer information using photos and videos rather than audio. This allows hospitals to prepare for the patient and not have to pause for this information when they arrive. It can also let the paramedics know that the hospital doesn't have the right equipment to treat the patient, so they can go to another hospital if needed. Paramedics can use advanced technology to locate people who need emergency care and to respond to emergencies more quickly. It is truly awesome how advanced the tools for communication have become.

The Life of a Paramedic

Paramedics often work a **shift** that can last anywhere from 24 to 48 hours. Emergencies can occur around the clock, so a team of paramedics must always be ready to help. Most paramedics work **overtime** or on weekends because of these emergencies.

For the first 12 hours of a 24-hour shift, the paramedic is the first responder who answers 911 calls and drives patients to the hospital.

The paramedic can shower and sleep during the next 12 hours of the shift but are still considered “on-call.” Being on-call means that if they are needed, they must return to work. Some paramedics living near the base station can return home to sleep. If they live too far outside the station, there is a “sleep house” in or next to the station where they can rest.



Paramedics begin their shift by preparing the ambulance. They ensure that all the equipment is working and that the ambulance has all the necessary supplies. They take care of chores at the station if there are no emergency calls. They also discuss how to handle emergencies and learn from each other.

When paramedics get a 911 call, they quickly drive to the scene and **assess** their **surroundings**. The first ten minutes after an accident are the most important. The paramedics must use their powerful skills in emergency care to consider how to treat the patient without losing any time. They might perform CPR if the patient needs it. CPR is a way to revive someone who isn't breathing. The most important job of the paramedic is to help the patient reach a **stable** state where they are breathing and able to be moved.

Then, they must get the patient to the hospital as quickly as possible, where they will get the necessary care.



Paramedics are essential for keeping us safe. They are skilled professionals providing critical, life-saving services. Their ability to quickly assess and respond to emergencies makes a difference in helping patients survive. We owe our gratitude to these everyday heroes for their dedication to their challenging work.





Chapter

2 Firefighters

The First Firefighters

Firefighters are brave heroes in our communities. Not only are they trained to fight fires, but many are also trained paramedics. A firefighter is often the first to respond to an emergency: fires, accidents, or even spills of **poisonous** liquids. The work of a firefighter and a paramedic can overlap. A paramedic has more medical training than most firefighters but doesn't rescue people from fires like a firefighter would. They are both employed as first responders at the scene of an emergency.



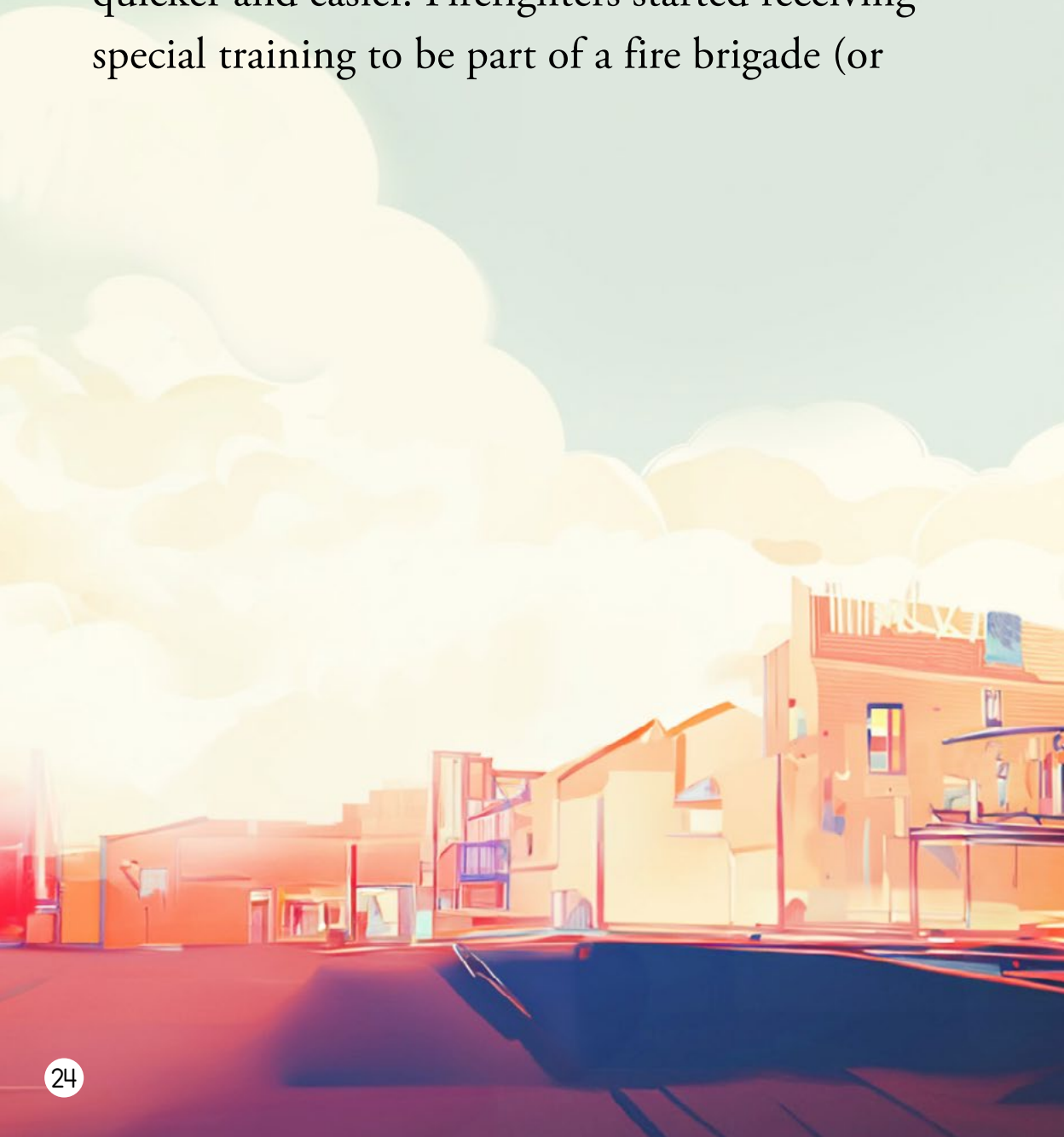


Firefighting has a rich history. The earliest firefighters were regular community members who volunteered to put out fires in **ancient** Rome. These groups, called “bucket brigades,” **deployed** buckets of water to put out fires.

European towns appointed community members as fire wardens starting in the 1500s. These early firefighters patrolled, prevented, and put out fires.

People realized they needed a more organized fire-fighting system as cities grew. The Great Fire of London swept through the city in 1666, destroying thousands of businesses, houses, and historic buildings. In response, Sir Christopher Wren suggested creating the first official firefighting teams in London. Firefighting also became a paid profession around this time.

The horse-drawn fire engine was invented in the 1800s so firefighters could respond faster to emergencies. Steam-powered pumps also became more widely used, making putting out fires quicker and easier. Firefighters started receiving special training to be part of a fire brigade (or



fire department) by the 20th century. They also started to use masks to help them breathe when they entered a building filled with smoke. Firefighters began to also help with various medical emergencies by the mid-1900s.



Firefighting Technology Today

The tools used by firefighters have changed dramatically over the years.

Firefighters today use state-of-the-art equipment, such as **thermal** cameras, to detect fires. Thermal cameras allow firefighters to locate fires, even when they are voyaging through smoke-filled areas **devoid** of light. These thermal cameras are often attached to firefighters' helmets or masks, leaving their hands free to carry people out of buildings.

Drones provide images of fires from above. Firefighters can use this information to plan how to put out the fire, monitor its path, and assess safety.





Each firefighter wears a **Personal Alert Safety System** or PASS device. The PASS device lets out a loud alarm if the firefighter doesn't move for a while, allowing other firefighters to respond. The firefighter can receive prompt medical care and get treated quickly for injuries by wearing the PASS. These communication devices can withstand the broiling temperatures of big fires. Firefighters also wear fire-resistant suits, gloves, and helmets that protect them from extreme heat.

Modern fire trucks have new tools, too, such as systems that allow firefighters to control the flow and mix of water and foam. This allows them to fight different kinds of fires. They also use pumps to deliver water with great force, helping put out fires high up or far away. Some fire trucks even have robotic systems that operators can control from a distance. These robots can enter dangerous environments in place of humans.

Wildland Firefighters

Some firefighters work in nature fighting wildfires. They are called **wildland firefighters**.



Wildland firefighters use tools like shovels, rakes, and chainsaws to create lines in the dirt that stop wildfires from spreading. It's not unusual to see a wildland firefighter flying a plane over a fire to drop water and special chemicals from above. Wildland firefighters work in **harsh** conditions and must wear full-body, heat-resistant suits. They are the first responders to protect communities from harmful wildfires that can spread **quickly**. It's plain to see how vital these heroes are.

A Day in the Life of a Firefighter

A firefighter's main shift is 24 or 48 hours long, like the shift of a paramedic. The day starts around 6 a.m. at the fire station with a loud alarm ringing. Firefighters put on their essential gear. They meet as a group to participate in drills, allowing them to practice their skills as they put out fires and help people flee danger.



Firefighters have to be alert and in peak condition during their shifts. The emergency alarm can go off at any time, and once it goes off, they must hurry to attend to the emergency. Firefighters will rush to the fire engine and drive to the emergency site as quickly as possible. The siren's wail alerts other cars that the fire truck must pass so they can arrive at the scene fast. Some firefighters called "smoke jumpers" even ride in planes and parachute into remote areas to put out fires.

Firefighters quickly assess the situation once they arrive at the scene. They use their thermal cameras to guide them. They wear fire-resistant gear to beat the extreme heat of the flames. If people are in danger, the firefighters will go into the smoke and flames to rescue them.



Firefighters are usually off duty for 48 hours after a 24-hour shift, but they are still on-call and must report to work if needed.

Firefighters are real-life heroes who risk their lives to save others. It's certainly a challenging feat. Firefighters have saved countless people from fires and other emergencies.



Chapter

3 Police Officers

The First Police Officers

Paramedics and firefighters are important real-life heroes who protect people during fires and medical emergencies. But who steps in to help solve community problems? That's the police officers. They serve and protect our communities.

Every community has laws to keep people safe. These laws show us how to treat each other respectfully and live peacefully. Police officers teach us about the laws we must follow and help to **enforce** them. They watch over the community and help people solve problems.

In the United States, police officers are the first people present when there is a problem or a **dispute**. They are responsible for assessing the scene and ensuring everyone is safe. They have an enormous responsibility and face many risks to protect us.



Police officers have been part of communities for a long time. The idea of a police force began in ancient Egypt and Rome when groups of people came together to keep order and catch lawbreakers. Watchmen walked the streets of medieval English towns at night to ensure everyone was safe. **Constables**—or local police—helped to keep order and take care of regional disputes in growing communities in early America. **Sheriffs** are another type of police officer. The word *sheriff* comes from an old word that means king's representative. The first sheriffs were in charge of keeping the peace in one area of the kingdom. In the United States, they maintained law and

order as the nation expanded toward the West.



The modern police force was born in London in the 1800s. Police officers there were called “**bobbies**,” named after Sir Robert Peel, the prime minister of the United Kingdom, who created the city’s new police service. Peel’s famous saying was, “The police are the public, and the public are the police.” Peel believed that the police were there to serve and protect the community. This idea is very close to our understanding of the role of the police officer today.





Protecting the Community

Police play many roles in our communities. They are partners who work with city leaders to design community programs. They also direct traffic and help with everyday problems, like finding lost items or resolving disputes.

Police officers visit schools and teach students how to follow laws. They may teach them about traffic laws and bicycle safety. Students often get the chance to ask the police officers questions. Older students may even join a youth auxiliary or youth police academy, where they can learn more about the work police officers do.

Some police officers connect with communities by coaching local sports teams. They also help older community members by checking on them at home or bringing them warm meals. Police also work with community leaders on events like toy drives or holiday parties.





A police officer's job includes talking to different people in the community to solve problems. Take a small car accident, or fender bender, as an example. An officer talks to the drivers and anyone who saw what happened, known as witnesses. The information from witnesses helps the officer learn more about the accident. Officers are trained to be kind and careful when talking to witnesses. Officers also look for clues, like broken car pieces, to better understand accidents. Doing this work helps prevent future accidents and teaches everyone to follow safety rules.

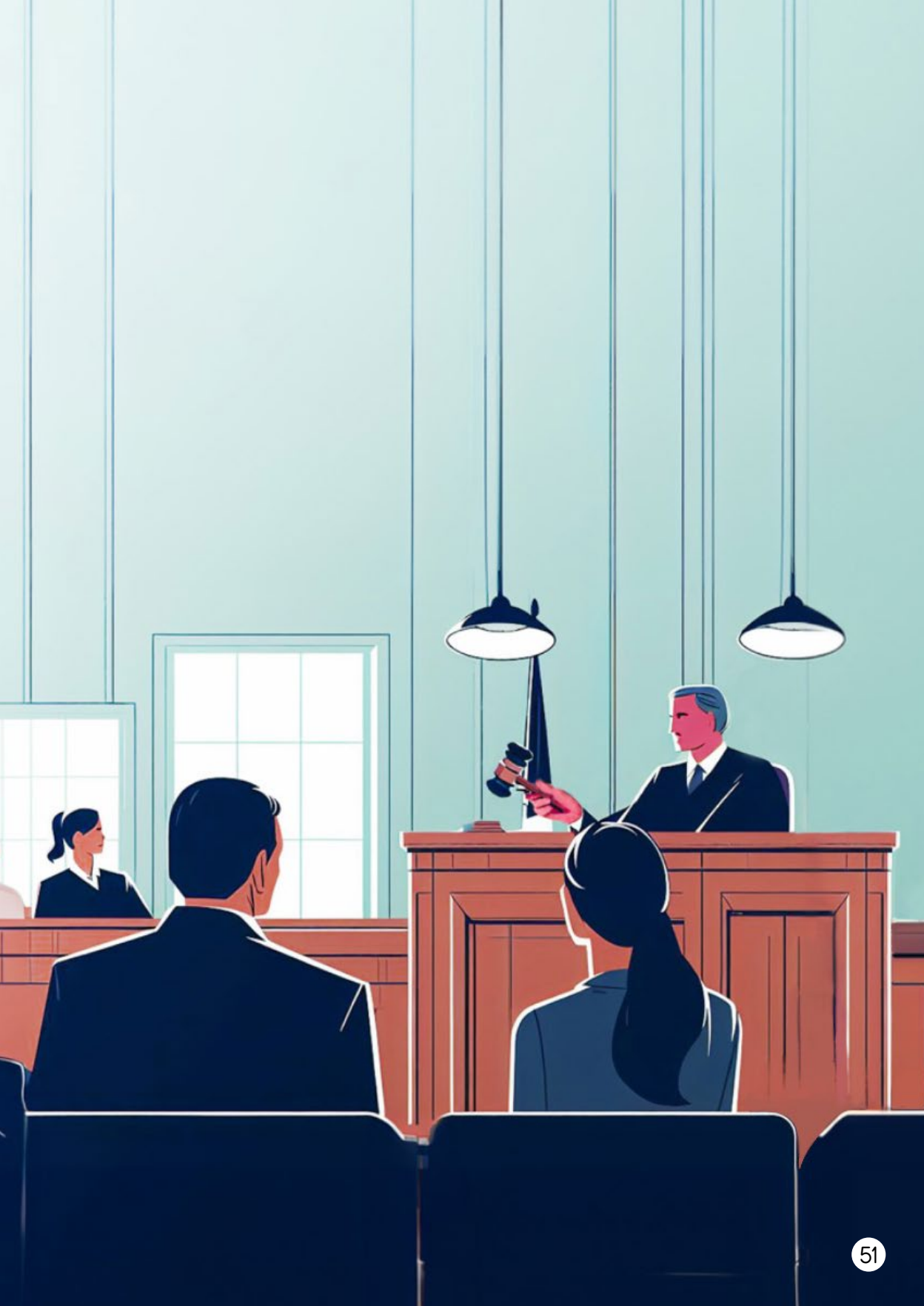
Police officers are also on the scene when there is a crime. If someone steals from a store or gets into a fight, police officers help to catch the person or people who committed the crime and help others who might have been hurt or who witnessed it.

A Day in the Life of a Police Officer

Police officers work in scheduled ten or twelve hour shifts. They often work overnight or on weekends, just as paramedics and firefighters do.

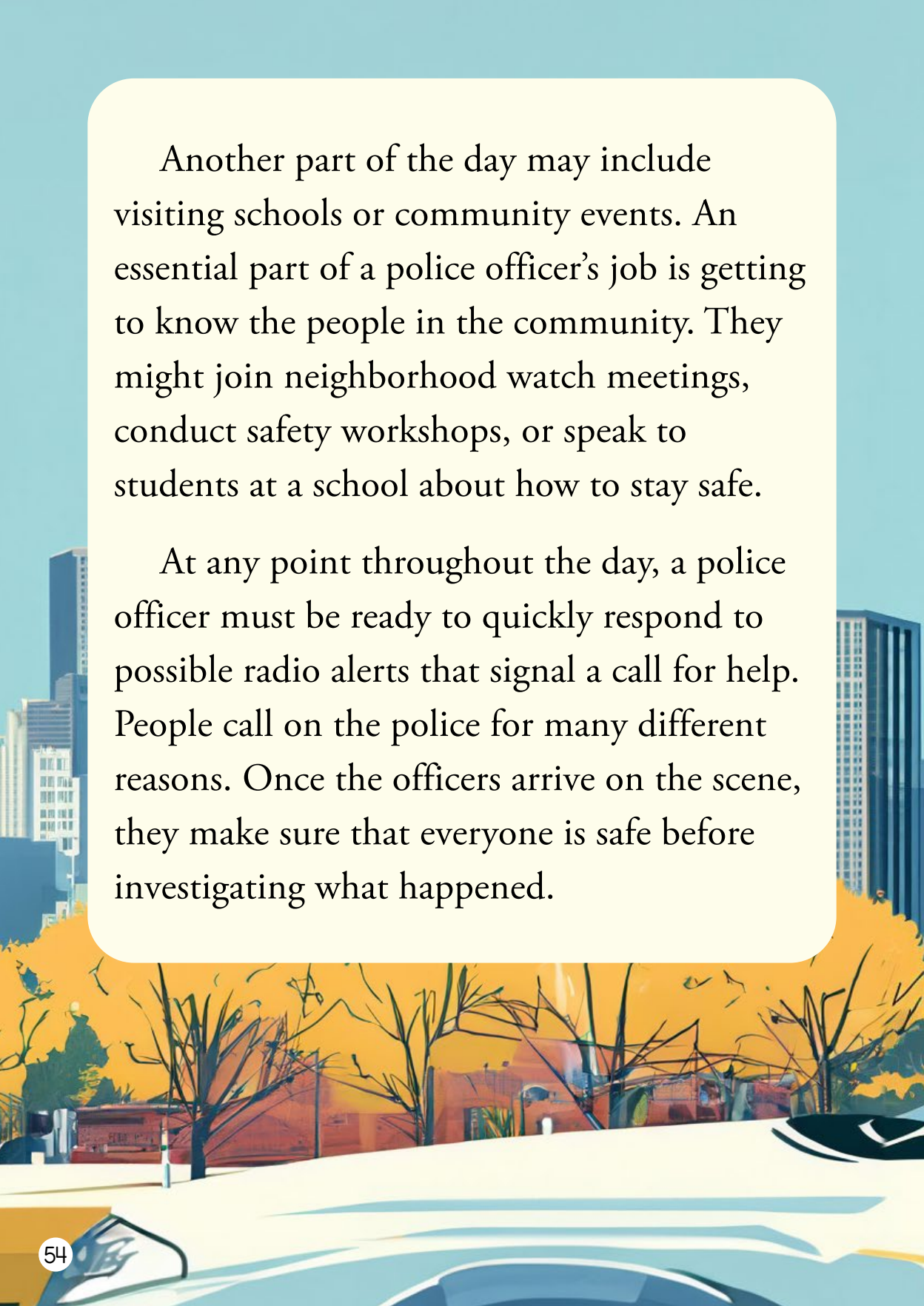
A police officer will begin their shift at the police station, where they will attend a morning meeting with their squad to hear updates on investigations and plan for the day ahead. This teamwork is very **valuable**, and officers will keep communicating with each other throughout the day.







Each day involves patrolling the streets by car, bike, or foot—or sometimes even by horse if it's **feasible**! Patrolling is a way to keep a watchful eye on what's going on in the community and to be visible and noticeable on the streets. A police officer's presence allows them to be ready to lend a helping hand as needed.

The background of the page is a stylized illustration of a city street. In the foreground, the hood and windshield of a blue car are visible. The street is lined with trees that have yellow and orange foliage, suggesting autumn. In the background, there are several tall buildings, including a prominent blue skyscraper on the left and a red building in the center. The sky is a clear blue.

Another part of the day may include visiting schools or community events. An essential part of a police officer's job is getting to know the people in the community. They might join neighborhood watch meetings, conduct safety workshops, or speak to students at a school about how to stay safe.

At any point throughout the day, a police officer must be ready to quickly respond to possible radio alerts that signal a call for help. People call on the police for many different reasons. Once the officers arrive on the scene, they make sure that everyone is safe before investigating what happened.



Officers patrol the streets after dark to keep us safe while we sleep. There are always police officers ready to help.

Police officers may wear uniforms and badges instead of capes, but they are **genuine** heroes.

Paramedics, firefighters, and police officers are essential to keeping communities safe and peaceful. They are the first responders who help us in emergencies, often risking their own lives to keep us safe. The next time you see one of these heroes, make sure you thank them for all they do.



Glossary

A

ancient (AYN-chuhnt): from a very long time ago

assess (uh-SES): to form an opinion about the importance, ability, or value of

awe-inspiring (AW uhn-SPAI-ur-uhng): something that fills one with wonder or amazement (it inspires a feeling of awe)

awful (AW-fl): extremely disagreeable or unpleasant

B

Bobbies (BAH-bees): members of the first formal police force formed in London, England, in the 1800s

C

Constable (KAHN-stuh-buhl): a local police officer in the United States in the 1600s

D

daunting (DAAN-tuhng): tending to overwhelm or intimidate

defibrillators (dee-FIB-ri-lay-ters): devices that apply an electric charge or current to the heart to make it beat normally

deployed (duh-PLOYD): when one brings something into action

devoid (di-VOID): not having, empty of

dispute (di-SPYOOT): a disagreement

drone (DROHN): an unmanned aircraft

E

Emergency Communication System (ECS) (ee-MUR-juhn-see kuh-myoo-nuh-KAY-shuhn SISS-tuhm): a system that first responders use to communicate with medical staff during an emergency

enforce (uhn-FORS): to set a rule with the expectation of compliance

F

feasible (FEE-zuh-bl): likely to happen

first responder (furst ree-SPON-dur): someone trained to show up first to help during an emergency, including firefighters, paramedics, and police officers

flawless (FLAA-luhs): having no defects or imperfections; perfect

G

genuine (JEN-yoo-uhn): authentic, true to oneself

Global Positioning System (GPS) (GLOH-buhl puh-ZISH-uhn-ing SISS-tuhm): a system of satellites that share information about where things are on the Earth

H

harsh (HARSH): rough or shocking to the senses

O

overtime (OH-vr-time): time spent working beyond a set limit

P

paramedic (pair-uh-MED-ik): Someone trained to give emergency medical care, usually outside of a hospital

personal Alert Safety System (PASS) (PUR-suh-nuhl uh-LURT SAYF-tee SISS-tuhm): A device worn by a firefighter that sounds an alarm if they aren't moving so that they can get help

poisonous (POY-zuh-nuhs): a substance that is harmful and capable of causing sickness or death

Physical trauma (FIZ-i-kuhl TRAH-muh): Any serious injury to the body

Q

quickly (KWI-klee): at a fast pace

S

sheriff (SHERR-if): an elected officer of a county

shift (SHIFT): a scheduled period of work

stable (STAY-buhl): strong and secure

standard (STAN-drd): regularly and widely used or supplied

surroundings (sr-OWN-duhngz): the objects and conditions around a thing or person

T

thermal (THUR-muhl): heat

V

valuable (VAL-yoo-uh-bl): worth a great deal of money

vital (VAI-tl): of utmost or top importance

W

wildland firefighter (WILD-land FIE-uh-r FIE-ter):
a firefighter that puts out wildfires

About this Book

This book has been created for use by students learning to read with the program. Readability levels are suitable for early readers. The book has also been carefully leveled in terms of its “code load,” or the number of spellings used in the stories.

The English writing system is complex. It uses more than 200 spellings to stand for forty-odd sounds. Many sounds can be spelled several different ways, and many spellings can be pronounced several different ways. This book has been designed to make early reading experiences simpler and more productive by using a subset of the available spellings. It uses *only* spellings students have been taught to sound out as part of their phonics lessons, plus a handful of Tricky Words, which have also been deliberately introduced in the lessons. This means the stories will be 100% decodable if they are assigned at the proper time.

As the students move through the program, they learn new spellings and the “code load” in the decodable Readers increases gradually. The code load graphic on this page indicates the number of spellings students are expected to know in order to read the first story of the book and the number of spellings students are expected to know in order to read the final stories in the book. The columns on the opposite page list the specific spellings and Tricky Words students are expected to recognize at the beginning of this Reader. The bullets at the bottom of the opposite page identify spellings, Tricky Words, and other topics that are introduced gradually in the unit this Reader accompanies.

TRICKY WORDS:

accidental, breathe, patient, temperature, ancient, unusual, patrolling

Code Knowledge added gradually in the unit for this Reader:

- Decode multisyllabic words with the diphthongs *aw*, *ou*, and *oi*.
- Spell homophones with the pattern *a_e*, *ai*, *ee*, and *ea*.
- Identify, use, and explain the meaning of homophones and homographs.
- Identify the meaning of and use words with the suffixes *-able*, *-ible*, and *-ish*.

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