

**Newberry County School District**  
**Health Textbooks and Resources**

**Grades K-3**

- Harcourt Health and Fitness by Houghton Mifflin Harcourt

**Grades 4-5**

- Macmillan and McGraw-Hill Health and Wellness by McGraw –Hill School Education

**Grades 6-8**

- Holt Decisions for Health by Holt McDougal

**Grades 9-12**

- Holt Lifetime Education by Holt McDougal

**Resources for Pre K-12**

- “You’re Not A Little Kid Anymore – Personal Hygiene (Grades 3-5) by Marshfilm
- “Keep It Clean – Hygiene (All Ages) by Marshfilm
- “Always Changing and Growing Up-Puberty Education Program (5<sup>th</sup>-6<sup>th</sup>) by Always
- Nutrition – American Heart Association & [www.nutrition.gov](http://www.nutrition.gov)
- [www.cdc.gov/std/](http://www.cdc.gov/std/)